

AMENDMENTS TO THE CLAIMS

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

1. (Cancelled)
2. (Cancelled)
3. (Cancelled)
4. (Cancelled)
5. (Cancelled)
6. (Cancelled)
7. (Cancelled)
8. (Currently amended) A method, comprising:
 - a) treating a plant or plant seed such that treatment decreases expression of an *REF1* gene in said plant or plant seed; and
 - b) growing said treated plant or plant seed;
wherein said growing results in a plant with reduced sinapine content.
9. (Cancelled)
10. (Original) The method of Claim 8, wherein said growing results in a plant with reduced hydroxycinnamic acid content.

11. (Original) The method of Claim 8, wherein said treating comprises transfecting said plant or plant seed with a heterologous nucleic acid, wherein said heterologous nucleic acid, or the expression of said heterologous nucleic acid, is able to decrease expression of said *REF1* gene.
12. (Original) The method of Claim 11, wherein said heterologous nucleic acid sequence encodes a nucleic acid product which interferes with expression of said *REF1* gene in said plant or said plant seed.
13. (Currently amended) The method of Claim 10, wherein said hydroxycinnamic acid is ferulic acid.
14. (Original) The method of Claim 8, wherein said plant or plant seed is a Brassica or a *Sinapis alba* plant or plant seed.
15. (Original) The method of Claim 14, wherein said Brassica plant or plant seed is a *Brassica napus* plant or plant seed.
16. (Original) The method of Claim 15, wherein said *Brassica napus* plant or plant seed is a canola plant seed.